



St. TammanySM
HEALTH SYSTEM

3rd Floor | 985-898-4436

It's the Little Things



Scan the QR code to access
an online version of this booklet!



Your Interactive Health Record



Schedule an appointment



Message your provider



View test results



Access medical records



Refill your prescriptions



Mobile Appointment Check-In

With the MyChart mobile app, your healthcare is at your fingertips – now available for iOS and Android devices.



Signing up is simple!

1. Visit mychart.stph.org
2. Click "Sign Up Now"
3. Select "Sign Up Online"
4. Add your information and submit



How to Thank the People Caring for You

To learn more scan the QR code or visit
StTammany.health/ThankYou



If you prefer a paper form, ask your nurse!

There are 3 ways to nominate an Extraordinary Caregiver!

Caring Hearts

Do you want to give your nurse or staff member a quick shout-out?



The Daisy Award

Do you have a story to share regarding your nurse's extraordinary care?



The Sunflower Award

Do you have a story to share regarding a staff member other than your nurse?



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Congratulations and Welcome

On behalf of St. Tammany Health System, we would like to say congratulations on expecting your newborn baby!

Now is an exciting time filled with hope, anticipation and questions. St. Tammany Health System can be your “go-to” spot for all your pregnancy needs. We are here to help with a variety of classes that discuss important information for the well-being of you and your baby such as prenatal care, nutrition, common discomforts, warning signs and symptoms. You can count on sensitive, compassionate, world class care from our team to meet all of your needs during this important time. We are committed to making your birth experience everything you want it to be.

St. Tammany Health System is the largest hospital in the parish, serving the needs of its patients throughout the region with the latest technology and caring touches, delivering on the promise of world-class healthcare close to home. St. Tammany Health System has earned distinction at local, regional and national levels for quality, leadership, employee and patient satisfaction.

Our New Family Center nurses have an average of more than 20 years of experience in Labor and Delivery, Postpartum, Newborn and Breastfeeding care, and will set your mind at ease with the most advanced training and level of knowledge. We have been recognized by the Women’s Choice Award as America’s Best Hospital in Obstetrics, since 2014.

Our birthing suites set us apart from other facilities in that they offer a comfortable, homelike setting. We invite you to tour our facility, and see where your baby’s journey of a lifetime will begin.



thegiftla.org

STHS is a GIFT-designated facility



- **Wireless Internet Access** – Free wireless Internet access is available in all patient rooms and throughout the hospital.
- **Gift Shoppe** – The St. Tammany Hospital Gift Shoppe, located on the first floor, is open Monday, Wednesday and Friday, 8 a.m. to 4 p.m. and Tuesday and Thursday, 8 a.m. to 6 p.m. The shoppe features gift items, jewelry, greeting cards, candy, toiletries, plants and more. For more information, call 898-4602.
- **ATM** – For your convenience, automatic teller machines are available 24 hours a day in the coffee shop on the first floor and in the northwest hallway on the second floor near the Orthopedic/Surgery unit.
- **Dine-In Room Service** – St. Tammany is proud to provide its patients and their guests in-room food service. Patients select from our delicious physician-selected menus and call in exactly what they wish to eat when they wish to dine. Choose what you want, when you want it by calling 898-4300 (ext. 4300) and a Room Service Specialist will visit to review our menu.
- **PJ's Coffee of New Orleans** – Located on the first floor of the hospital near the lobby, offers an array of premium coffees and teas in addition to pastries, snacks, sandwiches and salads. It is open from 6 a.m. to 9 p.m. Monday- Friday and 7 a.m. to 7 p.m. Saturday and Sunday.



Preparing for Your Birth Experience

Your baby is coming! Get excited (and PREPARED)! The St. Tammany Health System New Family Center delivers on the promise of world-class healthcare close to home. We can be your “go-to” spot for all your pregnancy, childbirth and newborn needs. We offer a multitude of childbirth and parent education classes for all prenatal moms and dads to better prepare you for this life event. It is never too early to prepare for your pregnancy, childbirth and newborn needs, and we encourage you to take advantage of our education offerings.



Prenatal Classes

For more information, call 985-898-4083.

Available classes can be found on the main page of our website at StTammany.health. Scroll down to Classes & Events and click on View Details for more information and registration.

Art of Breastfeeding

Parents learn how to establish a breastfeeding routine that enables them to use their breastfeeding skills with confidence, facilitating a positive and successful breastfeeding experience.

Baby Care Basics

Learn helpful hints and what to expect when caring for your new baby.



Prepared Childbirth

Learn the signs and stages of labor, and what to expect during childbirth.

Baby Chat for Siblings

Siblings, ages 4 and up, are welcome to enjoy a fun class to help them understand the changes that occur when mom and dad bring home a new baby.

New Mommy Boot Camp

A class for new moms, come find out some helpful hints about a variety of topics or ask questions of veteran moms. Held at St. Tammany Parish Hospital

Boot Camp for Dads

A class for new dads, taught by veteran dads, teaching the rookies how to care for a new baby.

Infant/Child CPR (Heart Saver Family and Friends CPR)

This is not a CPR certified class; however, the skills and knowledge that you gain can save lives.

Key Contact Numbers

New Family Center	985-898-4436
Newborn Nursery	985-898-4536
Mother Baby.	985-898-4486
Lactation Services	985-898-4446
Parenting Center	985-898-4435
Financial Counseling	985-898-4160
Birth Certificates	985-898-3712
STHS Operator	985-898-4000

The First 1000 Days

Marla Rabalais, Registered Dietician and Licensed Dietitian Nutritionist, discusses the first 1000 days of life; the period between conception and a child's 2nd birthday. This time is a unique window of opportunity to support child development and long term health.

For more details or to register, scan the QR code or visit StTammany.health and scroll down to Classes and Events.



Insurance...What you Need to Know

If you're a new or expectant mother, good health insurance coverage is now more important than ever. You'll depend on your health insurance for everything from prenatal and maternity care for your pediatric visits and immunizations for your baby. To avoid surprise medical bills during this wonderful time, it's important to learn terms of your health insurance coverage right now. With a little bit of know-how and a few calls, you can have your infant covered by your health insurance in no time.

Questions to Ask About Prenatal and Maternity Care Coverage

- Should you contact the health insurance company when you're admitted to the hospital for labor and delivery? Some health plans will penalize you financially if you don't call shortly after your admission.
- What are the plan's rules regarding in-network and out-of-network healthcare providers? What about hospitals? If the plan provides greater coverage for in-network providers and hospitals, ask for a directory of those in your area.
- What coverage does the plan provide for prenatal tests such as ultrasounds and amniocentesis procedures?
- How long can I stay in the hospital after delivery? Will the plan cover an extended stay if medically necessary?
- Does the plan have an annual reimbursement limit? If it does, then it will not pay for healthcare costs that exceed the limit.

Questions to Ask About Coverage for your Baby

Here are some questions to ask to ensure that you've covered all of the insurance bases before your baby arrives. Always follow up with your insurance company. Paperwork can be lost in the mail, and you don't want your child to end up without coverage.

- What's the procedure for adding a new baby to your plan?
- Will the plan cover your newborn's nursery stay? Remember that your newborn's hospital bill will be separate from your own. Typically, a health insurance plan will provide coverage only if you enroll your child for dependent benefits within 30 days of birth.
- Will the plan cover the costs of a stay in the neonatal intensive care unit (NICU) for your newborn?



Don't Forget The Car Seat!

Selecting and installing your child's car seat can be a hassle. Have a Certified Child Passenger Safety Technician check or assist in the installation of your child's car seat for FREE. Inspections are held at the STHS Parenting Center Monday – Friday by appointment, email parentingcenter@stph.org or call 985-898-4435. LA State Police Troop L also offer inspections every Tuesday from 3-6 p.m.



For more information about inspections at Troop L, call 985-893-6250, scan the QR code or visit lsp.org/community-outreach/safety-programs/safety-seats/.



Your Hospital Stay...Get Ready!

Pre-Register

Before the big day comes, prepare for your hospital stay by pre-registering with our Patient Access Department. Once you have pre-registered, you are guaranteed to have a smooth check-in. Stop by our Admitting Department from 8 a.m. to 4:30 p.m. Monday through Friday or call (985) 898-4401. Scan the QR code or visit StTammany.health/YourVisit to pre-register online.



Pack A Bag

Pack your bags before your due date, just in case your baby decides to arrive a little early. It might be easier to pack two bags – one for labor and one for after the birth.

Labor Items:

(Include these items for during your labor experience)

- Smartphone, camera, video camera, with charger and/or extra batteries
- Favorite pillow
- Non-skid slippers or socks
- Support aids such as massage lotion, focal point or essential oils
- Snacks for your partner
- Change of clothes for your partner, in case of a long labor
- Reading material such as magazine or book
- Personal hygiene items: toothbrush, toothpaste, mouthwash, lip balm, brush, hair ties, deodorant and soap



Important Papers:

(Include these in your bag upon arrival to the hospital)

- Prenatal records from your doctor's office
- Copies of your informed consents signed at your doctor's office
- Current insurance card, contact name and number of provider
- Current driver's license or state issued I.D.
- Name of your pediatrician
- Advance directive (if applicable)
- Phone numbers of family members and friends you'll want to call
- Completed birth certificate packet (See page 10 of this booklet for more information.)

Mommy & Baby Items:

(Include these items for after the baby is born)

- Nightgown or pajamas with easy access for nursing
- Nursing bra
- A few pairs of comfortable underwear that can get ruined
- Bathrobe and non-skid slippers or socks
- Toiletries, toothbrush, toothpaste, makeup and hair care products
- Snacks
- Books or magazines
- Clothing to wear home (plan to wear something that fit you when you were about six months pregnant)
- Baby mittens, socks or booties
- Baby outfit and light weight blanket for your baby to wear home



Baby Time!

When you arrive to have your baby, go straight to the New Family Center on the third floor. Pre-registering ensures a smooth check-in on your delivery date. If you have not pre-registered, we will need a copy of your driver's license and insurance card. Once you have registered and checked-in at our front desk, a nurse will bring you to your private room. Our birthing suites allow you to labor & deliver, then go to our Mother-Baby unit for your post-partum stay in a homelike setting.

The caring team at St. Tammany Health System will set your mind at ease with the most advanced training and level of experience. The New Family Center's top priority is providing quality care that combines technical excellence and knowledge of normal childbearing, while giving special attention to fulfilling parents' personal preference for their child's birth experience.

We offer many ways to remain as comfortable as possible in labor that fit your individual needs:

- **Natural Methods** – birthing ball, birthing bar, peanut ball, cordless/intermittent monitoring, and your choice to use a certified doula, labor tub or spinning baby technique
- **Epidural Anesthesia** – our anesthesiologist will administer the epidural in your birthing suite upon request by you and your doctor

When to arrive for scheduled events:

- **Cesarean Delivery** – please arrive 2 hours prior to your scheduled time (e.g., surgery scheduled for 7 a.m., arrive at 5 a.m.) and do not eat or drink anything 8 hours prior to your scheduled surgery (e.g., for a 7 a.m. surgery, NO food or beverages after 11 p.m. the night before)
- **Induction of Labor** – arrive at the scheduled time (e.g., 5 a.m. induction, arrive at 5 a.m.)



Visitor Policy

Obstetric Emergency Department (OBED) – patient is allowed one support person.

Anesthesia Procedures at the Bedside – patient is allowed one support person.

Vaginal Delivery – The patient may have 2 support persons to stay at bedside during the vaginal delivery. One of the two support persons **MUST** be over the age of 18. The second support person must be at least 16 years old. An exception may be made by the charge nurse (e.g., if father of baby is less than 16 years old).

Cesarean Delivery – patient is allowed one support person to attend the cesarean delivery once the patient is draped for the procedure and the OB physician and Anesthesiologist give their approval. The support person will not be allowed in the operating room with the patient during the spinal procedure prior to cesarean delivery. If the patient requires general anesthesia, **NO** support person will be allowed to attend the cesarean delivery.

Visitation after Delivery

- Children under the age of 12 of adult inpatients are allowed to visit but must be accompanied by an adult over the age of 18 and be supervised by that adult, not the patient, at all times.
- Visitors between the ages of 12-15 must be supervised by an adult over the age of 18 (that adult may not be the patient).
- One support person (16 years of age or older) will be allowed to remain overnight with the patient. Exceptions may be made by the charge nurse.
- If at any time a support person displays inappropriate behavior or interferes with patient care, he or she will be escorted by an available staff member to the waiting area.



Scan the QR code or visit StTammany.health/Visitors for the most up-to-date Visitor Policy.



Some Things We Need to Know Once You Arrive

- Do you have a birth plan approved by your OB? Please provide it to your nurse.
- Do you have prenatal records from your OB? Please provide this to your nurse.
- If you are having a Cesarean delivery, would you like to donate your placenta?
Scan the QR Code or visit telagenllc.com/why-donate.



- Do you have any allergies?
- How tall are you? How much do you currently weigh? We will need you to step on our scale.
- Please let your nurse know what Pharmacy you will use for your medications at discharge.
- Do you know the status of your Group B strep test?
- Do you know your blood type? If you have a negative blood type (A-, B-, AB-, O-) and your baby is a positive blood type, you will need to get a RhoGAM injection, please ask your nurse about this.
- Are you having a boy? Do you want him circumcised? Please talk to your Obstetrician or Pediatrician about this.
- Shift change for our nurses is at 7 a.m. and 7 p.m. daily.
- Be sure the whiteboard in your room gets updated each shift with staff names and your goals for discharge
- You may receive several medications during your visit, please ask about each medication you are being given.

Why Wait The Full 40 Weeks?

- Let labor begin on its own so baby can develop fully
- Baby has fewer health issues
- Baby's brain grows fast the last four weeks
- You're less likely to need a Cesarean Section

In a normal pregnancy, it's safest for mom and baby to let labor happen on its own. Your baby is worth the wait!

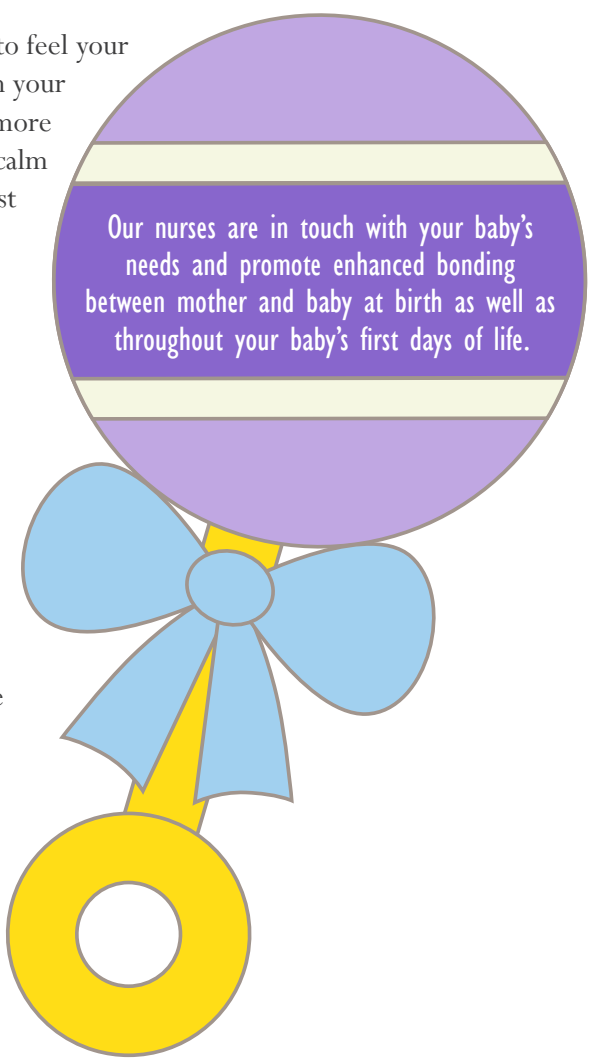


Fall in Love!

Your First Hour Together

Being together in the first hour is a special way to feel your baby's love. Skin to skin is important, home is in your arms for your baby. Baby wants to be near you more than anything and will stop crying and become calm when he/she is with you. It's a bond that will last forever. We will support your bond with your baby by helping with the following steps in the first hour:

1. Go Skin to Skin – Immediately after birth we will place your baby skin to skin, near your heart, uninterrupted for at least one hour, to stabilize your baby's body temperature and vital signs.
2. Talk Softly to Baby – While in skin to skin, cover your baby's back with a blanket and talk softly to keep baby warm and calm.
3. Enjoy the Magic Hour – Watch your baby use his/her instincts to go through nine steps to learn that you are Mom!
4. Delay Procedures – We will delay routine procedures until after the first hour to allow for you and your baby to fall in love.
5. Talk with Visitors – Ask your family and friends to wait until after your magic time together before they visit.



Our nurses are in touch with your baby's needs and promote enhanced bonding between mother and baby at birth as well as throughout your baby's first days of life.



Keep Baby Close!

Everyone will get rest.

Our nurses want you to feel prepared and self-assured to care for your baby once you're home. Rooming-in will help you become more confident in caring for your baby, especially at night.

Remember, your nurse is only a call button away if you need help.

Our staff perform all procedures for your baby at the bedside such as baths, weights, lab draws, hearing screen and assessments.



During Your Stay

New love grows best by spending time together. You have been waiting a long time to meet your baby. So enjoy this special time holding and loving your baby together (with skin to skin as much as possible). You will never regret it!

What to Expect:

- Breastfeeding support is available to all mothers by our New Family Center nursing staff. We can provide help with latching, hand expression and feeding cues. Also on staff, our International Board Certified Lactation Consultants (IBCLC) can help with their knowledge and expertise.
- Our birth certificate clerk will visit you to help answer questions and collect information necessary for your baby's birth certificate.



Baths – A newborn’s first bath will be delayed for a minimum of 6 hours after birth. A newborn who is born earlier than expected may have their first bath delayed for 24 hours. If your newborn requires blood glucose monitoring, the first bath will be delayed until the blood glucose protocol is completed (see glucose testing below). Baths will not be delayed and will be done immediately for the following cases: HIV positive mother, Hepatitis B or C positive mother, HSV lesions on mother, Covid-19 positive mother, Chorioamnionitis.



Hepatitis B Vaccine – We offer the first dose of the Hepatitis B vaccine to all newborns. This vaccine is a 3-part series. If you do not want your infant to receive the first Hepatitis B vaccine at the hospital, simply inform your nurse. This is an optional vaccine.

Pulse Oximetry Tests – All healthy newborn infants will have a pulse oximetry test done 24-48 hours of birth; this test checks your baby’s oxygen level. This screening can identify some infants with a heart defect . This screening is used in addition to a complete history and physical examination. If there is something unusual found during the exam, the physician will be notified.

Car Seat Challenge Testing – All newborn infants discharged from the hospital should be transported home in car safety seats that are selected to meet the specific transportation needs of healthy newborns, premature infants, or infants with special needs. Some infants, particularly premature and low birth weight infants, may have trouble with their oxygen levels when placed in a semi-upright position in car safety seats. If a car seat test is necessary, the newborn is placed in the car seat and vital signs are monitored by a nurse.



Vitamin K and Erythromycin Ointment – Vitamin K and Erythromycin Ointment are ordered for you newborn upon admit. Both medications are a onetime dose.

Circumcision is Optional – If you are interested in your newborn having a circumcision, please start discussing this with your OB/GYN and or pediatrician.

In most cases, the following infants will require testing:

- Any infant born early at less than 37 weeks gestation.
- Infant with discharge weight less than 2500 grams (5lbs 8oz).
- Any infant requiring supplemental oxygen.
- Any infant with hypotonia such as Trisomy 21 (Down Syndrome)
- Any other infant considered by his/her physician to be at risk for apnea, bradycardia, or oxygen desaturation.
- If an infant does not pass the car seat test, the physician will be contacted to provide a recommendation.

Glucose testing – Some newborns are at risk for glucose issues. The nurse caring for your newborn will instruct you if your newborn's blood glucose needs to be monitored.

- Infants of Diabetic mothers (IDM); Type I Insulin Dependent, Type II Diabetic, and Gestational Diabetic (GDM)
- Intrauterine Growth Restricted (IUGR) infants by prenatal testing or exam
- Small for gestational age (SGA)- birthweight below the 10th percentile on growth chart (Fenton growth charts for < 38 weeks; WHO growth charts for > 38 weeks)
- Large for gestational (LGA)- birthweight greater than or equal to the 90th percentile on growth chart (Fenton growth charts for < 38 weeks; WHO growth charts for > 38 weeks)
- Post mature > 42 weeks or Late Preterm Infants (LPI) 34 to 36 6/7 weeks
- Maternal medications: steroids (betamethasone use < 48hrs before birth and chronic prednisone use); insulin; oral hypoglycemic (metformin and glyburide); beta blockers use < 48hrs before birth; terbutaline utilized near delivery.
- Discordant twins (10% or greater weight difference) test both twins
- Twin/Twin Transfusion test both twins



- Perinatal stress - APGARs < 7 at 5 minutes of life. Suspected or known sepsis (chorioamnionitis) and/or maternal temperature $> 100.4^{\circ}\text{F}$

PKU – Screening is a blood test given to newborns 24-72 hours after birth. PKU stands for phenylketonuria, a rare disorder that prevents the body from properly breaking down a substance called phenylalanine (Phe). The results of this test will be sent to your pediatrician. Results can take a few weeks.

Labs – Below are various lab tests that may or may not be ordered for your newborn. Depending on the mother's blood type, the newborn's cord blood (collected at delivery) may be tested to determine newborn's blood type.

- Blood type/ DAT/ ABO (if cord blood is not collected at delivery)
- CBC
- Blood culture
- Bilirubin

Hearing Screens – A hearing screen will be done on your infant prior to discharge.

Lactation/Breastfeeding Assistance – All nursing staff are educated to assist mothers with breastfeeding. We have a board-certified lactation consultant scheduled 7 days a week, who sees patients daily, to assist with reaching your breastfeeding goals. You can also contact the lactation nurses after discharge if needed at 985-898-4446.



Just For Visitors

How To Help Mom Rest

Having a new baby is one of life's greatest joys. It can also be tiring at first. Both mom and baby need to rest and recover from the birth. You can help!

- Limit your visit to 30 minutes so mom and baby can find time to rest
- Remind mom to nap when baby naps. Rest will help her body heal.
- Help her dim the lights and turn down the TV so she and baby can stay calm.
- Urge mom to set aside "quiet time" each day. This is a special chance for her to rest and bond with the baby.
- Give mom privacy if baby gets hungry. Step away so she can relax and feed the baby.
- Ask mom how she wants you to help.
- There may be instances when we need to limit visitation with mom and baby. We appreciate your understanding.

Quiet Time

The New Family Center and Mother-Baby units have a break in visiting hours called "Quiet Time." These quiet hours are seven days a week from 1:30 to 3:30 p.m. Visitors are asked to come before or after these hours. The only interruptions at the bedside during this time are for essential patient care.

Quiet hours are designed to provide our babies and families the much needed rest and privacy they deserve during their short stay. This quiet time is beneficial to mother and baby, as it decreases fatigue, increases bonding time and allows parents to become familiar with their baby's feeding cues.



Mother Baby Safety Plan

Your baby's safety and security is a priority at St. Tammany Health System. Here are some things you can do to help us keep you and your baby safe.

Safety to Prevent Infant Falls and Suffocation

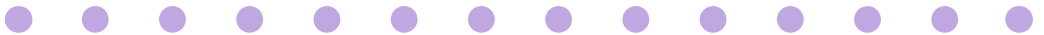
- Sleeping with your baby in your bed or chair puts your baby at risk for suffocation and falling. Please be aware that some babies have been dropped in the past when a caregiver has fallen asleep.
- Use a feeding support pillow (e.g., Boppy) while breastfeeding or other forms of feeding to help prevent newborn falls.
- Call for hospital staff or support person to assist you if you are unable or too tired to get up safely and put your baby in the crib.
- Place your baby safely on their back in their crib if you feel sleepy while holding or feeding your baby.
- ALWAYS make sure that anyone holding your baby is awake and alert.
- During night feedings have an adult "Stay With ME" to help keep you alert.
- If your baby falls or is dropped, call your nurse immediately.
- ALWAYS put your baby on his/her back to sleep in their crib.



- St. Tammany Health System is one of Louisiana’s champion hospitals for safe sleep. We practice and model safe sleep with all our infants to reduce the risk of sudden infant death syndrome (SIDS). To minimize the risk of SIDS, we strongly encourage all babies be placed on their backs to sleep in their own crib with the head of the bed flat (unless you have been instructed otherwise by your pediatrician), free of loose blankets, stuffed animals, and crib bumpers.

Security

- Become familiar with the hospital personnel who work in New Family Center and Mother-Baby and their routine.
- Nursing shifts change at 7am and 7pm. At those times, the oncoming nurse caring for your baby will come in and introduce themselves. Our staff and your baby’s doctor are the only people who have a reason to take your baby anywhere. Housekeeping, lab, environmental services, dietary, volunteers, etc., may enter your room for a consultation, deliver flowers, clean the room, etc. If you are unsure about any of these people, even if they are wearing a hospital uniform or have an apparent reason for being there, press your “call” light and a nurse will assist you immediately.
- Check for proper identification before giving your baby to anyone. All New Family Center and Mother-Baby staff members wear a picture ID badge with the hospital logo. Employees authorized to handle babies have a special version of the hospital badge with a pink banner. Do not give your baby to anyone without this specialized badge.
- Check your baby’s bracelet number with yours. After you baby is born, matching numbered bracelets are put on your wrist and your baby’s wrist and ankle. Be sure that if your baby must leave your room that staff match your band with you baby’s bands upon return. A second bracelet is given to an adult of your choice which will allow them the privileges you have as a parent.
- If you walk in the hallway with your baby, the baby must be in the open crib.
- Place your baby’s crib on the side of the bed opposite the door.
- Notify staff of any family problems that could threaten the safety and security of your infant.



Home Sweet Home

Most new mothers will be discharged from the hospital after two-three days. How long you stay in the hospital will be a decision made by you, your doctor and your insurance provider. But before you go:

- Birth Certificates and Social Security Cards – A representative from STHS’s health information will help you complete forms to apply for your baby’s birth certificate and social security card. You will receive a temporary birth certificate that you will need to keep until the state mails you the permanent one.
- Remember your baby’s car seat – Child safety seats are required in every state. Remember to bring your baby’s car seat, including the base. It is recommended to have the safety seat checked for correct installation.
- Discharge by 1 p.m. – On the day of discharge, we will have all of your prescriptions, discharge education and procedures completed prior to 1 p.m. This will allow you to get home earlier in the day to have time to unpack and wind down in the comfort of your own home. We ask that you have transportation available by 1 p.m. on the day of discharge.
- Complete all screenings for baby
- Receive discharge orders from your doctor
- Complete all discharge paperwork with your nurse
- Have baby’s cord clamp removed
- Receive discharge orders for baby
- Please ask the staff how to care for any wounds or dressings you may have.
- At discharge, you may be given instructions for medications to take at home, please ask about these before leaving the hospital.

Speak Up for New Parents

Having a baby is a life-changing experience for new parents. It is important to be alert to signs and symptoms that you need to get medical help. Remember, if you or your advocate think something is wrong, speak up!



For more information scan the QR code or visit jointcommission.org/-/media/tjc/documents/resources/speak-up/speak-up-for-new-parents-85-x-14.pdf



Lactation Services Available After Discharge:

Once you are home, it takes several weeks to recover from delivering a baby vaginally and even longer if you have had a C-section. Consult your physician about recovery times. Most importantly, rest as much as possible.



- Private outpatient appointments with a lactation consultant
- Rental of hospital-grade double electric breast pumps
- 24-hour non-emergent breastfeeding help number at (985) 898-4446 or (985) 898-4536
- Follow-up call by one of our lactation consultants once you and your baby have returned home

STHS Parenting Center

The STHS Parenting Center's purpose is to provide a place where parents, through the help of professionally trained staff, can develop parenting skills, thereby maximizing their child's intellectual, physical, social, emotional and educational development. For more information go to StTammany.health/ParentingCenter

New Parent Support | Free Membership to first time parents for the baby's first year.

Everyone is welcome to come and enjoy our indoor play area any time Monday through Friday 9 a.m. – 1 p.m. Enjoy our interactive classes with your child or visit with other parents while the children play. You can socialize with other members to find out how to handle everyday challenges or share your everyday joys of parenting.

Family Breastfeeding Support

Mother to mother support for breastfeeding and pregnant women considering breastfeeding with our expert lactation consultant.

Parent Coaching

We offer confidential consultations to address individual parenting concerns.



Social Media

Did you have a rewarding experience with the New Family Center? We would love to hear about your positive experiences on our social media platforms. Tag St. Tammany Health System on Facebook, Instagram or Twitter to let us know about your time here.



FB: @sttammanyparishhospital **Instagram:** @sthealthsystem **Twitter:** @sthealthsystem

First Steps



Whether you're expecting or a proud new parent, now is an exciting time filled with hope, anticipation and questions.

We're here to help, and our First Steps e-newsletter is an invaluable resource covering the weekly changes you'll experience from conception to two years old. The free e-newsletter offers helpful tips and resources, answers to FAQs and more.

Subscribe today at StTammany.health/NewFamily to start preparing to take your First Steps with your baby!



Outpatient Services After Childbirth

Bone and Joint Clinic Pediatric Orthopedist

Children have unique medical needs, and that includes orthopedics care. McCall McDaniel MD is a fellowship-trained, board-certified pediatric orthopedist specializing in a range of pediatric orthopedic conditions including scoliosis, club feet, hip dysplasia, cerebral palsy and more. The Bone and Joint office is a Certified Autism Center designated by the IBCCES.

Pediatric Feeding

Working closely with families to develop feeding skills in infants and children, our STHS' occupational and speech therapists provide parents and families the training and support needed to reduce stress associated with feedings and mealtimes. Our multi-disciplinary team of occupational and speech therapists have a combined 15 years of experience working with and successfully managing feeding disorders in infants and children. To learn more, visit sttammany.health or scan the QR code for Covington.



Pediatric Therapy Services: Physical | Occupational | Speech-Language

Our full service pediatric therapy department provides individualized sessions with licensed therapists to help children with any congenital issues or developmental delays that your child may be experiencing. We are the only therapy group on the Northshore to offer a specialized program called Hippotherapy, where we utilize horses to provide sensory input to the patient as part of our physical therapy program. This service is offered on the beautiful campus of New Heights Equestrian Center in Folsom. To schedule an appointment, scan the QR code for the location most convenient for you.



Pediatric Emergency Room

It's not easy being a kid. But at St. Tammany Health System, we strive to make the tough times a little less tough with our pediatric emergency department, located inside our main hospital ER in Covington.

From the child-friendly waiting area to the dedicated physicians and nursing staff, child-size treatment rooms, equipment and nurses' station, our Pediatric Emergency Department – which has been designated a Certified Autism Center by the IBCCES – is fully equipped to provide care to our smallest patients while also making them feel safe and comfortable.

Pediatric Inpatient Unit

- 5 bed unit
- Pediatric hospitalist
- Pediatric trained nurses

Pediatric Intensive Care

- 4 bed Level II PICU
- Pediatric intensivists and nurse practitioners
- Pediatric trained nurses

Pediatric services are offered in partnership with Ochsner Hospital for Children to provide specialty care to our young patients.

What is Pelvic Floor Therapy?

Having a baby changes your body in many ways. It takes several weeks to recover from a vaginal delivery and even longer if you have had a C-section. While it is normal to experience urinary incontinence, pelvic pain, and back pain for the first 6-8 weeks after labor and delivery, please consult with your doctor if you're still experiencing any of these symptoms at your first post-partum appointment. Our physical therapist will perform a comprehensive evaluation of your symptoms and design a treatment plan to help you recover and educate you on how to optimize your health. To schedule an appointment, scan the QR code for the Women's Pavilion.

Scan QR codes for
more information!



Covington



Women's
Pavilion

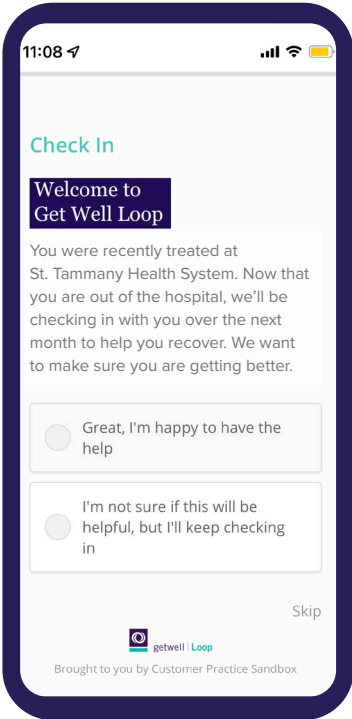
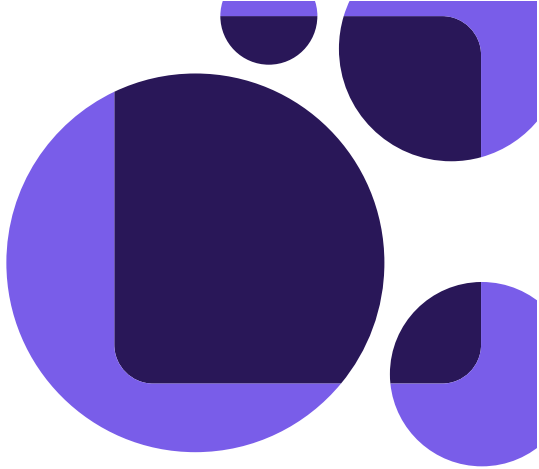


Folsom



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We stay connected with our patients using GetWell Loop™ — an online platform that enables us to work together throughout your care journey.

- Daily follow up
- The support you need
- Answers to your questions and concerns

Our goal is to deliver an outstanding experience to help you achieve the best possible outcome.



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getwellnetwork.com | info@getwellnetwork.com | 240.482.3200 | 7700 Old Georgetown Road, 4th Floor, Bethesda, MD 20814



Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:



Headache that won't go away or gets worse over time



Dizziness or fainting



Changes in your vision



Fever of 100.4°F or higher



Extreme swelling of your hands or face



Thoughts of harming yourself or your baby



Trouble breathing



Chest pain or fast beating heart



Severe nausea and throwing up



Severe belly pain that doesn't go away



Baby's movement stopping or slowing during pregnancy



Severe swelling, redness or pain of your leg or arm



Vaginal bleeding or fluid leaking during pregnancy



Heavy vaginal bleeding or discharge after pregnancy



Overwhelming tiredness

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.



Learn more at
cdc.gov/HearHer



This list of urgent maternal warning signs was developed by the Council on Patient Safety in Women's Health Care.



SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Most women and postpartum people who give birth recover without problems. **But anyone can have a complication for up to one year after birth.** Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.



<p>Call 911 if you have:</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Pain in chest <input type="checkbox"/> Obstructed breathing or shortness of breath <input type="checkbox"/> Seizures <input type="checkbox"/> Thoughts of hurting yourself or someone else
<p>Call your healthcare provider if you have: (you only need one sign) <small>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</small></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger <input type="checkbox"/> Incision that is not healing <input type="checkbox"/> Red or swollen leg, that is painful or warm to touch <input type="checkbox"/> Temperature of 100.4°F or higher or 96.8°F or lower <input type="checkbox"/> Headache that does not get better, even after taking medicine, or bad headache with vision changes

Tell 911 or your healthcare provider:

"I gave birth on _____ and
(Date)
 I am having _____"
(Specific warning signs)



These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or someone else** may mean you have postpartum depression
- **Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Incision that is not healing, increased redness or any pus** from episiotomy, vaginal tear, or C-section site may mean an infection
- **Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- **Temperature of 100.4°F or higher or 96.8°F or lower**, bad smelling vaginal blood or discharge may mean you have an infection.
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia



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1202 S. Tyler Street, Covington | 985-898-4000 | StTammany.health